

FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCES  
PKIN 0286 Aquatic Sports Conditioning

2024/2025

Prerequisite / Co-requisite:  
Deep Water Aquafit, Swimming 1

Course Instructor  
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Expanded Course Description

Aquatic Sports Conditioning is geared to athletes who require cross-training techniques which will enhance their workouts. The "liquid gym" is a beneficial type of training offering resistance comparable to weight training, increased flexibility through buoyancy, cardiovascular enhancement and endurance. There is little or no impact on the joints. Core stabilization is greatly enhanced by working vertically in the water. Resistance in the water is three dimensional compared to working out in one dimension against gravity on land. Choosing a water workout can help to prevent injuries or assist in healing them. Specific muscle groups can be targeted and exercised with greater facility in the water.

The skills acquired in the Aquatic Sports Conditioning course can be applied to cross-training for athletes or to assist them in the rehabilitation of injuries. Many athletes are already taking advantage of this type of training, such as the students at The National Ballet School. Carlos Condit, the UFC fighter, has a segment on YouTube of his aquatic cross-training.

Although swimming skills are not needed, there are many aquatic skills which must be learned in order to gain the most benefit from working in the water.

Prerequisite:

Aquatic Sports Conditioning is an advanced course which is open to those who have a comfort level in deep water and/or have Swimming 1 or equivalent

Course Learning Objectives

(1) Purpose:

The course, Aquatic Sports Conditioning, is supported by lecture and practical experience in the water. The lectures encompass material referencing muscle group, training methods, teaching techniques and methods for providing an advanced program for athletes. The students will experience isolation and movement of specific muscle groups and specific skills for moving effectively in the water as well as the accompanying physical benefits of working out in the "liquid gym".

Students will be able to:

- Do a lot of underwater work to control breath and enhance optimal heart rhythms
- understand the benefits of using the properties of water for sports conditioning
- understand how to make training appropriate for multi-skilled and multi fitness groups
- develop awareness of how water exercise can prevent or assist in healing injuries
- learn the hierarchy of needs for peak performance and the hierarchy of training to reach peak performance
- learn the general principles for an exercise blueprint

### Course Text / Readings

Additional readings may be assigned or recommended during the course.

### Evaluation

Practical Skills: grades during class time all in second half of semester: 30%

Teaching Conditioning in an Aquatic Environment Assignment: 30%

Attendance: 10%

Active participation in class all term:20%

Written exam: 10%

\*\*\*\*\*No more than 2 classes may be missed per term. As we are together for 1 ½ once a week.\*\*\*\*\*

### Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the grading system used in the undergraduate practicum programs in the School of Kinesiology and Health Sciences at York (e.g., A, B, C) Assignments and tests will bear a letter grade designation.

Lateness Penalty: Assignments received later than the due date will be penalized one-half letter grade per day that the assignment is late.

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

### Class Requirements

Necessary equipment - Swimsuit, T-shirt or track pants (to wear over swimsuit) & towel

Recommended - water shoes or sandals

-t-shirt, shorts

Participation: This course requires from students a willingness to participate on land and in the water.

### IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives,

Documents) - [http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)